

## **Three Day Cleanse and Detox Vegetables and Nuts Snack**

### Ingredients:

- 1 carrot, sliced
- 1/2 cucumber, sliced
- 1 stalk celery, sliced
- 8 raw walnut halves or 8 raw almonds, optional 2 tablespoons raw pumpkin or sunflower seeds



### Instructions:

Rinse the veggies and keep in the refrigerator for a mid-morning or afternoon snack. This snack is perfect for taking to work.